



SPAR European Cross Country Championships 2022
Piemonte-La Mandria Park/ITA



Sunday 11 December 2022

TIMETABLE

as on 6 May 2022

09:15	Opening Ceremony
09:35	U20 Men Race (6000m)
10:03	U20 Women Race (4000m)
10:30	Mixed Relay (4 x 1500m)
10:55	VC U20 Men individual
11:00	VC U20 Women Individual
11:05	VC U20 Men team
11:12	VC U20 Women team
11:19	VC Mixed Relay
11:30	U23 Men race (8000m)
12:03	U23 Women race (6000m)
12:33	Senior Women Race (8000m)
13:10	Senior Men race (10.000m)
13:53	VC U23 Men individual
13:58	VC U23 Women individual
14:03	VC U23 Men team
14:10	VC U23 Women team
14:17	VC Senior Women individual
14:22	VC Senior Men individual
14:27	VC Senior Women team
14:34	VC Senior Men team